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5 Ways to save on having your taxes done this season. 11



ISTOCK

REMEMBERING LUKE PERRY

Celebs react to the death of the "90210" heartthrob. 6-7

GETTY IMAGES

Danny Wood talks new anti-bullying anthem. 15

See how Japan's epic romance "The Tale of Genji" has inspired artists for 1,000 years. 13

FAN ART AT THE MET

THE MET

THINGS
TO
KNOW

EVA KIS, FEATURES EDITOR

Most authors would be happy to be famous in their lifetime, but 1,000 years later people in Japan and beyond still know the name Murasaki Shikibu. In a major new exhibit,

The Met looks at her most famous work, "The Tale of Genji," and specifically the fan works that it inspired — both elaborately painted screens created by professionals commissioned by wealthy superfans, and the fan fiction of amateurs doing it for the love of the story.

WELCOME TO
METRO.USHouse Dems target Trump–
Putin talks, obstruction

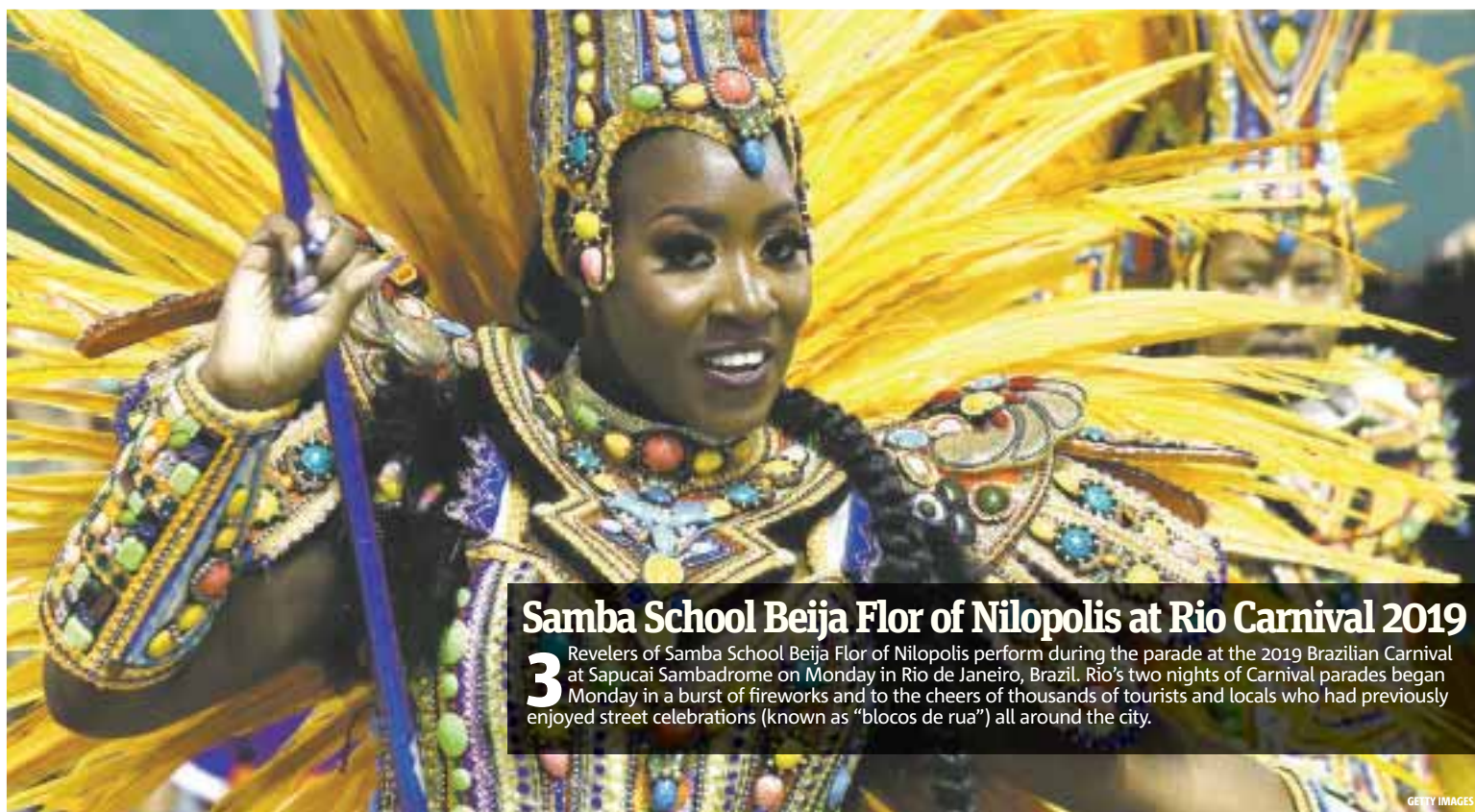
1 Democrats in Congress unleashed a slew of demands in their investigations of President Donald Trump on Monday, seeking information about his communications with Russian President Vladimir Putin and documents from 81 sources in an obstruction probe. The chairmen of the House Intelligence, Foreign Affairs and Oversight committees wrote to the White House and Secretary of State Mike

Pompeo seeking documents and interviews with personnel about Trump's conversations with Putin. "These allegations, if true, raise profound national security, counterintelligence, and foreign policy concerns, especially in light of Russia's ongoing active measures campaign to improperly influence American elections," Chairmen Adam Schiff, Elliot Engel and Elijah Cummings wrote in their letter.

Whitaker, former acting
AG, leaves Justice Dept

2 Matthew Whitaker, whose brief tenure as acting U.S. attorney general was marred by accusations that he might try to interfere in a probe of President Donald Trump's campaign, left his Justice Department job over the weekend, a department spokeswoman confirmed on Monday. Whitaker's last day at the department was on Saturday, the rep said, adding she did not know where he might be headed next. In mid-Feb-

ruary, AG William Barr was sworn in and Whitaker stepped down from the top post to become a senior counselor in the office of the associate attorney general. In one of his final acts as acting attorney general, Whitaker testified before the House Judiciary Committee where combative Democratic lawmakers pressed him on whether he had tried to interfere with Special Counsel Robert Mueller's Russia investigation.



Samba School Beija Flor of Nilopolis at Rio Carnival 2019

3 Revelers of Samba School Beija Flor of Nilopolis perform during the parade at the 2019 Brazilian Carnival at Sapucaí Sambadrome on Monday in Rio de Janeiro, Brazil. Rio's two nights of Carnival parades began Monday in a burst of fireworks and to the cheers of thousands of tourists and locals who had previously enjoyed street celebrations (known as "blocos de rua") all around the city.

East Coast digs out from
snow, braces for bitter cold

4 New England dug out from more than a foot of snow on Monday that snarled commutes and canceled flights, although New York City was spared the worst of the late-winter storm, which was expected to be followed by bitter cold. A band of winter weather stretching from Maryland to Maine dumped 15 inches of snow overnight on downtown Boston and some 5 inches on Central Park in the heart

of New York City, National Weather Service reported. New York Mayor Bill de Blasio took the rare step of shutting the city's massive public school system, and New Jersey Transit canceled about a dozen trains on its sprawling commuter system. The mayor defended the school closures on Twitter after snow totals in New York were less than expected and parents griped on social media that there was no reason to keep their kids home.

Prodigy frontman Flint, of
'Firestarter' fame, dies at 49

5 Keith Flint, the Prodigy lead singer who captured the hedonistic spirit of 1990s British rave culture, has died aged 49 in what the band's founder described as a suicide. Flint was one of the best-known faces of British electronic music, performing apparently random dance moves often with eccentric haircuts, sometimes styled as devil's horns, and heavy makeup around his eyes. "I'm a firestarter, twisted

firestarter," Flint sang in the 1996 hit which introduced the blistering sounds of Britain's underground rave generation to the mainstream. "I'm the self-inflicted, mind detonator, yeah." Liam Howlett, founder of the group, said Flint had taken his own life. "Our brother Keith took his own life over the weekend. I'm shell shocked, f—kin' angry, confused and heart broken," Howlett said on Instagram. "R.I.P brother"

STATS

Michael Jackson: Low
public support for
reopening cases

Should child molestation cases against Michael Jackson be reopened?

23%

Yes, they should be reopened.

29%

Don't know.

48%

No, they should not be reopened.

YOUNGOW.COM

"It Must be Experienced."

—Christine Walevska, "Goddess of the Cello"
watched Shen Yun 5 times

STARTS Wednesday



神韻晚會 2019 SHEN YUN



"Absolutely
The No. 1 Show
in the world."

—Kenn Wells, former lead dancer of
English National Ballet

"**The highest and the best**
of what humans can produce."

—Olevia Brown-Klahn, singer and musician



I've reviewed about **4,000 shows**,
none can compare to what I saw tonight."

—Richard Connema, renowned Broadway critic

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I encourage everyone to see
and all of us to learn from."

—Donna Karan, creator of DKNY

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—Broadway World

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NEWS

Melting snow, road salt causing manhole fires around the city

FDNY responded to multiple manhole fires Monday morning after the overnight snow-storm.



KRISTIN TOUSSAINT
kristin.toussaint@metro.us

The FDNY responded to multiple reports of manhole fires Monday morning as the melting snow and road salt from the overnight storm wreaked havoc on the utilities system.

A call for a manhole fire at 826 Crown St. in Brooklyn came in at 9:06 a.m., the department confirmed, and firefighters resolved that by 9:18 a.m. Another report of a manhole fire at 69-02 Austin St. in Queens came in at 9:22 a.m., and firefighters were on their way to that



A shot of a manhole fire in Brooklyn Monday morning, as posted to the Citizen app.

call when the department confirmed it to Metro. More reports of manhole fires around the city were made through the Citizen app Monday.

The road salt the city uses is to blame, according to Con Edison.

"After snow falls and it

starts to melt, a lot of the time salt will get into our system, which can cause manhole fires," a ConEd rep said. "Salt gets on our wires, it can corrode onto the wire and then that will allow water and salt to get into the electrical system, which is not a good mix."

Since Sunday's snow-storm began around 4 p.m., ConEd had restored power to about 2,500 customers in New York City and Westchester County.

The ConEd rep said that with a snowstorm like Sunday's, which

dropped about 5 inches on New York City overnight, outages can occur in two ways: topped trees or snapped limbs can down wires, affecting the customers who get their utilities from those overhead wires; and then, when the snow starts to melt, the salt and water can get into the system, affecting customers served by underground wires.

The FDNY also responded to multiple manhole fires over the weekend, when wet, wintry weather affected the utilities system on Saturday.

FDNY spokesman Jim Long warned New Yorkers that if they see a manhole fire, they should keep their distance from it.

"It could be as little as smoke from a manhole, you can hear some popping sounds, you can see heavy smoke and flames from a manhole," he said. "But the greatest danger

is the manhole could pop or explode. It'll go flying in the air and it'll come down and crush you."

Another danger from manhole fires is the threat of carbon monoxide poisoning. Long said residents should check their carbon monoxide detectors because sometimes if the manhole is burning in the street, the smoke and carbon monoxide can build up in the utility line that goes from the street into a building.

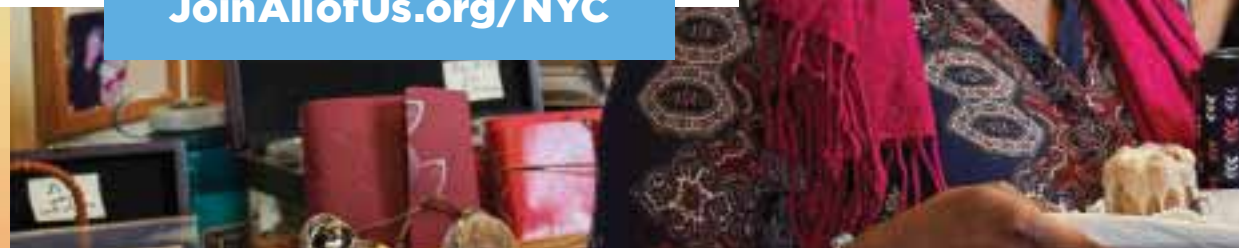
When the FDNY responds to manhole fires, they check the surrounding buildings and areas with a CO2 meter, he said.

"What else people might see in their homes as an indicator of a problem in the streets is possibly flickering lights," he added. "They can contact the authorities, which is us, FDNY, as well as call utilities and we'll come check it out."

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Demand Soars At NYC Medical Clinic For Promising Back Pain Treatment

Can This Medical Technology Possibly Eliminate Or Greatly Reduce Even The Most Severe Back Pain... Almost Instantly?

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many treatments...* especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will

help every case of back pain.

And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequency Neurotomy" is often referred to as RF for short.

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

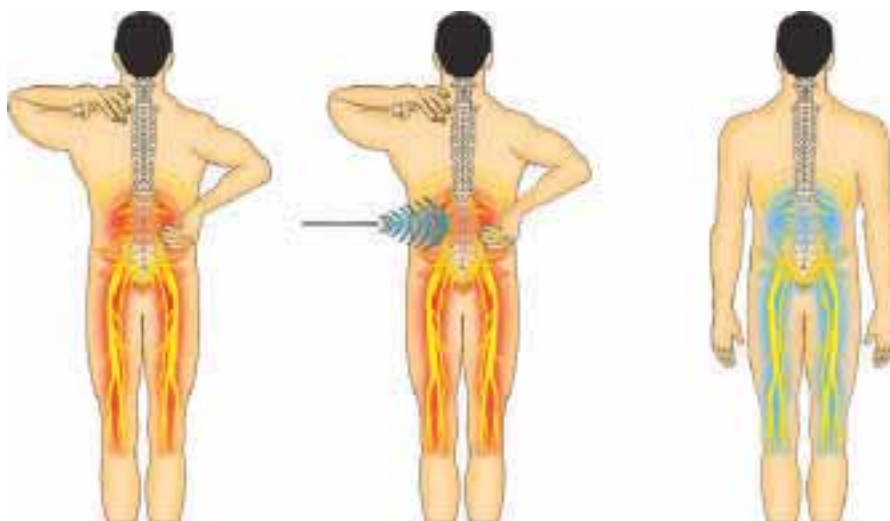
Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months... 12 months... 18 months for some and some even longer. The great news is - another procedure can be safely performed for more relief if necessary.

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant pain.

Really... what would it be worth it to you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good nights sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgery-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the NYC Pain MD treatments can be done in out in-office procedure suites saving you stress, time and dollars. NYC Pain MD believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at one of their advanced medical clinics.

Your Invitation

NYC Pain MD offers a limited number of complimentary back pain treatment screenings every

month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at NYC Pain MD. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and traditional medicare.

Call 877-907-2934 for your free screening and find out if you can get out of pain today.



877-907-2934

'90s Heartthrob, 'Beverly Hills, 90210' star Luke Perry dead at 52 after stroke

Perry was best known for his role as loner Dylan McKay in "90210."

Actor Luke Perry, who rose to superstardom on the teen-oriented 1990s television drama "Beverly Hills, 90210" and then aged into a fatherly role on comic-based "Riverdale," died on Monday at the age of 52 after suffering a "massive" stroke last week, his publicist said.

Publicist Arnold Robinson said Perry died in a Los Angeles-area hospital surrounded by his family and close friends, including his former wife Minnie Sharp, his two children, and his fiancée Wendy Madison Bauer.

"The family appreciates the outpouring of support and prayers that have been extended to Luke from around the



Luke Perry.

GETTY IMAGES

world, and respectfully request privacy in this time of great mourning. No further details will be released at this time," Robinson said in a statement.

Perry was rushed to a Los Angeles hospital on Wednesday after suffering the stroke at his

home, celebrity website TMZ.com reported last week. TMZ said on Monday that Perry never recovered consciousness.

Perry took ill the same day that Fox television announced it was reviving the "Beverly Hills, 90210" series with many of the original

cast, including Jason Priestley, Jennie Garth and Tori Spelling. Perry was not among those announced as returning for the limited run of six new episodes this summer.

Since 2016, Perry had played Fred Andrews, father of Archie Andrews,

in the television series "Riverdale," a dark twist on the Archie comic books, but more than 20 years earlier the actor had been a heartthrob who adorned the cover of scores of magazines aimed at adolescent girls, thanks to "Beverly Hills, 90210."

The show, which aired on the Fox network, was about a group of attractive high school students living the sweet life amid Southern California affluence while dealing with teen angst, as well as a raft of more serious issues such as date rape, AIDS and teen pregnancy.

Perry was in his mid-20s when he started playing high schooler Dylan McKay, a brooding loner on a motorcycle with prominent sideburns and bad-boy tendencies. An avalanche of comparisons to the late James Dean soon followed.

"Beverly Hills, 90210" got off to a slow start in the ratings in 1990 but built a cult following that grew to become a cultural phenomenon with its target demographic. One of the key plot lines was Perry's character developing a romance with Brenda, a wholesome Midwestern transplant to Beverly Hills, played by Shannen Doherty, before moving on to her best friend, Kelly, played by Garth.

Along the way Perry, Doherty, Garth and co-stars Priestley, Spelling and Ian Ziering became stars.

Perry's fame was such that he was getting 4,000 fan letters a week and drawing crowds of thousands of teenage girls to his personal appearances. Once Perry had to be smuggled out of a Seattle mall hiding in a laundry hamper because of overzealous fans. At an-



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Saturdays, 9:30AM–4:30PM



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- Make a difference in people's lives

Training Dates

Evening Schedule

March 26, 2019–July 18, 2019
Tuesday & Thursday, 6:00PM–9:00PM
Tuition: \$2,210



other appearance, some 20 people were injured rushing a stage.

He eventually gave up the personal appearances for security concerns and did not like being considered a "teen idol."

"My problem with that is it's inaccurate for two reasons," he said at a news conference in 1992. "One, I'm not a teenager. Two, I don't think anyone idolizes anybody."

Perry left "90210" after its sixth season but returned two years later as the show finished its 10-year run. By the time it was over, Perry's Dylan had endured a drinking problem, cocaine and heroin abuse, financial hardship, a near-fatal car crash, his father's faked death, various romances and a marriage that ended when his wife was mistakenly killed by a hitman hired by her mobster father.

Perry also was in the 1992 movie "Buffy the Vampire Slayer" that preceded the TV series of that name and during his "90210" run portrayed real-life rodeo star Lane Frost in "8 Seconds." He learned to ride

bulls and did many of his own stunts in the film.

Perry's other TV credits included "Windfall," a 2006 series about a group of friends who win a big lottery jackpot; two seasons of "Jeremiah," a post-apocalyptic drama; and a season on "Oz," a prison drama on which he played a preacher convicted of embezzlement.

His stage work included starring in the London stage adaptation of "When Harry Met Sally" in 2004 and playing Brad in "The Rocky Horror Show" on Broadway in 2001.

Perry grew up in Fredericktown, Ohio (population 2,300), and after graduating from high school headed to Los Angeles to pursue acting while working construction jobs and in a doorknob factory. In the late 1980s, he took on soap opera roles and television commercials in New York before landing the "Beverly Hills, 90210" part.

Perry and Minnie Sharp, who were married from 1992 to 2003, had two children. REUTERS



TWEETS



@DannyTrejo

My heart goes out to Luke Perry's family, he was a really good guy. I'll miss seeing you around, buddy.



@MollyRingwald

My heart is broken. I will miss you so much Luke Perry. Sending all my love to your family. : #LukePerry



@lanZiering

Dearest Luke, I will forever bask in the loving memories we've shared over the last thirty years. May your journey forward be enriched by the magnificent souls who have passed before you, just like you have done here, for those you leave behind.



@the_ironsheik

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Protestors unfurled anti-Amazon banners from the balcony of a hearing room during a New York City Council Finance Committee hearing.

GETTY IMAGES

More than 90 community groups write counterletter to Bezos against HQ2

Leaders had penned an open letter exploring Amazon to reconsider.



KRISTIN TOUSSAINT
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After business leaders, union heads and some politicians penned an open letter to Jeff Bezos asking him to reconsider canceling the Amazon HQ2 in Queens plan, community groups and activists have countered with their own letter that they say more accurately represents residents' concerns about the tech giant.

In a full-page ad that appeared in Friday's New York Times, CEOs, higher education officials, union presidents and more wrote that "New Yorkers do not want to give up" on the promised benefits of HQ2 in Queens.

But in their counterletter, more than 90 community groups say that that plea "does not accurately reflect the desires of immigrant communities, working-class communities, and communities of color." "Amazon left the first time around because of fierce vocal opposition, and that opposition still remains," the letter, published on Medium, reads. "We defeated them recently, and we will do it again."

Groups including ALIGN-NY, Hate Free Zones Queens, Jobs with Justice, Make the Road New York and more signed the letter.

Though the New York Times ad highlighted Amazon's promise of 25,000 jobs with the reality of an HQ2 in Queens, the community groups' counterletter says that "Amazon made little commitment to local hiring and promised just 30 jobs for public housing residents."

The letter criticized the "backroom deal," made while, they say, the city is facing more pressing issues like "deplorable" public housing conditions, an increase in New Yorkers sleeping in shelters, an unreliable MTA and "crumbling" public schools desperately in need of aid.

"As New Yorkers we believe every person has

the right to good union jobs, safe and dignified affordable housing, strong and stable communities, a great public education, and a voice in our democracy," they wrote. "Because of these values, we must oppose Gov. Cuomo's failed economic development policies that give more power over our communities' futures to billionaires and their corporations."

Though the Friday open-letter ad called on Bezos to bring Amazon HQ2 back to Queens, Gov. Andrew Cuomo himself said on Friday that he had "no indication" the company is reconsidering its decision.

When asked on WNYC's "Brian Lehrer Show" about the counterarguments to HQ2 in Queens by Make the Road, Cuomo said that he did not know what the organization was.

The prominent immigrant rights group has long been a part of the anti-Amazon fight. Cuomo has previously been pictured with Make the Road Co-Executive Director Deborah Axt and has mentioned the organization in multiple press releases.

"Of course the governor knows who Make the Road is," Javier Valdes, co-executive director, said on Lehrer's show Monday morning. "He has partnered with us and has done some work [with us.] To me it's actually very absurd and offensive that he did that."

Valdes and Axt both appeared on WNYC on Monday to counter Cuomo's claims and to reiterate why they are against the Amazon HQ2 in Queens.

"We have seen no evidence that this corporation is anything but predatory," said Axt. "This corporation has built an entire model on tax avoidance, undermining jobs like teachers, firefighters ... this company is destroying smaller businesses on its platform, local brick-and-mortar businesses as well."

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Doctors Urge Knee Pain Sufferers

“Don’t Get ANY Surgery Until You See This...”

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It’s Best “Treatment Formula” For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going to be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it’s complex. In other words, it’s not a simple, easy fix.

But I’m sure you already know that. Or you wouldn’t be reading this.

That’s the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It’s amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

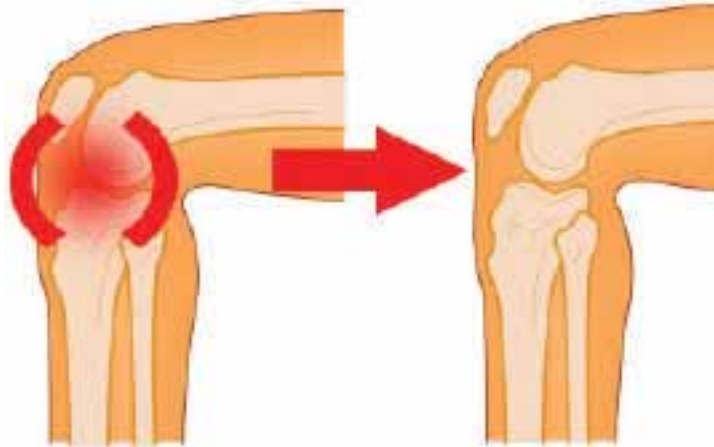
While I can’t give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: **PATIENT SELECTION.**

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help



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Once again, there is not enough space to go into detail about all these procedures... but here are some things you **MUST KNOW...**

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these “gel injections” without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

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Mayor approves basement conversion program in East New York

Homeowners can apply for loans to create legal affordable housing stock.



WILL DRICKY
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Some homeowners in East New York will be able to take advantage of a pilot program to convert their basements into apartments beginning on Monday. The law, called the Basement Apartment Conversion Pilot Program, seeks to bring basement apartments out from underground, and Mayor de Blasio and City Council say it will help fight gentrification and expand New York's stock of affordable housing.

"We have to recognize that the people who built our neighborhoods have to have the ability to stay in them," de Blasio stated at



GETTY IMAGES

a press conference before signing the bill into law. "We believe that affordable housing can never be considered optional."

Eligible homeowners will be able to apply for low- or no-interest loans to convert their basements into up-to-code apartments for as much as \$120,000. Furthermore, the program will include technical help from the Cypress Hills Local Development Corpora-

tion for any construction projects necessary.

The point of the program is threefold, lawmakers at the press conference emphasized. Homeowners in gentrifying areas need the extra income a basement tenant could provide, and many lower-income tenants need the sort of cheaper housing that basement apartments typically are. Lastly, as de Blasio admitted, some landlords rent out their basements regardless of legality. The city's pilot program will give tenants more legal protections, as well as safer living situations.

"There are thousands of basement apartments in New York City, but too many of them are illegal and unsafe," de Blasio stated. "Renovating these units in East New York is absolutely crucial to the future of the city."

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Tips for cutting the cost of having your taxes done



NerdWallet is a personal finance website.

Many taxpayers stress about the size of their tax bills this time of year, but many more may be stressing about the size of the bill to calculate their tax bills. It now costs \$188, on average, to have a tax preparer do a Form 1040, according to the National Society of Accountants. Itemize and add a state return, and the average rises to \$294.

For many people, the struggle to find affordable, high-quality tax preparers is real, but experts say five things can help rein in the cost.

1. See if you can get free

help

The IRS programs Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) provide free tax-prep services generally to people who make \$54,000 or less, have disabilities, are older than 60 or speak limited English. This can be a huge money-saver if you qualify. To find locations in your area, go to irs.treasury.gov/freetaxprep.

2. Shop around (but thoughtfully)

Comparison shopping for tax preparers can save money, but it can be tricky, too. Not all tax preparers charge by the form — some charge by the hour and some charge per return, says Christine Freeland, president of the National Society of Accountants.

"You're going to pay also by the level of experience and background

that somebody has," she says.

It's OK to ask a preparer for an upfront estimate, says Melissa Labant, director of tax policy and advocacy for the American Institute of Certified Public Accountants.

And if the final bill is significantly higher than what you were quoted, ask why. "It may be that your return was more complicated than they anticipated, but if they don't have a reason for why your return ended up being twice as much as what they had quoted you, that would be a red flag to me," she says.

3. Read the contract

"Typically, tax preparers that want a long-term relationship with you will have some type of an engagement letter," Labant says. That will help you understand how the preparer's fees work, and it



may give you a heads-up on whether there will be charges for things such as extra copies of your return.

Preparers can't base their fees on a percentage of your tax refund amount, Freeland says, and they can't charge you a separate fee for having the IRS direct-deposit your refund.

4. Ask for a break if you need it

Negotiating tax-prep fees isn't very common, but sometimes it's OK to ask for a discount, Freeland

says.

"If you're having a bad year and you've been with somebody for a long time and something's happened, somebody's lost a job, you've lost a spouse, you've had something that's out of the ordinary, I think there's nothing wrong with calling your preparer and saying, 'Look, this is the bind I'm in this year. Is there anything you can do for me?'" she says.

5. Start early, get organized

Tax preparers often

charge more as the April filing deadline nears, so the earlier you get your documents to them, the more you could save. Many preparers draw a line in the sand somewhere around the last week of March, Freeland says. After that, fees often start rising.

Furthermore, even though the complexity of the return and the quantity of records heavily influence the cost of human tax preparation, so does your level of organization, Labant says. **TINA OREM**

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Pat King
Grumble Editor

READER WRITE-INS:

MTA TRANSIT GRUMBLE

Another transit Grumble. Why can't the local and express trains across the same platform wait for each other? It's often that you get off one train to try to catch the other, but by the time you cross 10 feet, it pulls out. The same thing happens when you have to cross over to the opposite-side platform when changing directions. Isn't there a system in place where they can talk to each other through the dispatcher? And while we're at it with the MTA, I'd rather go back to the old days when there was only one entrance onto a bus. Then, everyone who entered was monitored, instead of the fare-beaters who sneak in through the back, not



to mention they take up seats and space. These should be reserved for people who actually pay to get on the bus!

— Mark, Metro New York reader

MANSREADING

I totally agree with the Grumble about manspreading on trains. I have to face it nearly every day on the 7 train. One time, I insisted on sitting next to a beefy, manspreading man on the train, and he whispered to me that he could beat the shit out of me, forced his legs open wider, and started playing a violent video game involving shooting things with an assault rifle.

— Anonymous, Metro US reader

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Aries Don't let excitement lead to a mistake. Sharing too much information with the wrong person will leave you in an awkward position. Keep your plans a secret for now.



Taurus Take on a challenge that involves helping others. What you have to offer will impress someone who can help you use your skills in new and exciting ways. Don't sell yourself short.



Gemini Your priorities should be personal growth and self-improvement, but don't take any shortcuts. Someone will take advantage of your gullibility if you fall for a scam.



Cancer Don't fear change. Look at your options and pick the one that suits you best. Use your imagination and gravitate toward concrete offers that promote greater stability.



Leo Your changing attitude will leave some people wondering what you are going to do next. Look before you leap, and don't make promises unless you are sure you can deliver.



Virgo Spend more time on personal improvements and less time with people who promote doing things that are costly or bad for your health. Discipline will pay off.



Libra If you want change, expect it to cost you. You'll face opposition if you get involved in a joint venture. Compromise will be necessary if you want to be successful.



Scorpio Spend time nurturing important relationships and fixing your surroundings. Go directly to the source to avoid a mishap. Don't hire someone to do something that you can do yourself.



Sagittarius Find your own opportunities. If you try to copy someone or let someone take charge, you will miss out. Do your own thing.



Capricorn Don't get angry or frustrated. Put your energy into making positive domestic and financial changes. Let your intuition guide you.



Aquarius Make changes for the right reasons, not because you're following someone else. How you react to others will affect how much help you receive.



Pisces Consider your options. Stepping forward and letting go of the past will give you the boost you need to make the most of your life and relationships. EUGENIA LAST

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LIFESTYLE

A new exhibit on Japan's most famous novel, "The Tale of Genji," shows off 1,000 years of "fanworks" continuing today.



EVA KIS
eva.kis@metro.us

Fan fiction writers have been maligned since the start of the internet, hunted by zealous copyright holders and ridiculed as derivative by academics. Well, no longer, because fan fiction along with other fan creations like paintings, clothing and even trading cards have officially entered the hallowed halls of The Metropolitan Museum of Art in the new exhibit "The Tale of Genji: A Japanese Classic Illuminated."

Considered to be the



Scrolls like these would have been commissioned by wealthy fans of "The Tale of Genji." EVA KIS

world's first novel, "The Tale of Genji," by Japanese author Murasaki Shikibu, was written around 1000 A.D. and was an immediate hit — Murakami is even said to have received divine guidance from her writing.

The exhibit brings together more than 120 relics from 32 collections in Japan and the U.S. inspired by the book — essentially an archive of one of the

first fandoms to ever exist, whose fans continue to create "fanworks" of the book more than 1,000 years later.

"Women were obsessed with the tale — they debated the strengths and faults of the characters that Murasaki Shikibu brought to life," says guest curator Melissa McCormick, professor of Japanese art and culture at Harvard University. "The

tale was enjoyed for its melodrama, humor and spine-tingling episodes of ghosts and spirit possession."

Spanning over 54 chapters with a cast of 500 characters, "The Tale of Genji" chronicles the life and loves of the "radiant prince" Genji "and the numerous female characters who more often than not upstaged him," in McCor-

mick's words.

Most of the works reflect the wealth of patrons who commissioned magnificent works about the book, from panoramic screens to elaborately embroidered kimonos and even playing cards painted with characters.

Everyone of these

and takes the work as a starting-off point to create new stories.

That's what you'll find along two medieval-era scrolls just after the main exhibit hall. You can't miss them — one is bordered with shimmering blue paper, with calligraphy and artwork by amateur writers. These women gave names and stories to minor characters, marginalized Genji and even took a character who was dead in the story and had them meet the other characters. "This little format was one in which you could really play around with Genji," McCormick says.

The final gallery even showcases impressive fan art created by modern fans as young as teenagers.

Which begs the question: Why don't romance novels today get the same respect?

"The Tale of Genji" is open March 5-June 16, 2019, at The Met, 1000 Fifth Ave.



The exhibit ends with a gallery of modern "fanworks."

items can rightly be considered fanworks — that is, a creative work that derives its inspiration from an existing source. But the essence of fandom is that it's free, largely female

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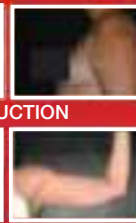
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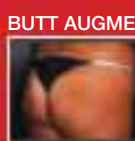
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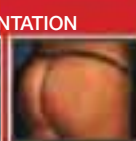
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Get to know your gallbladder



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You've almost certainly heard of the gallbladder, but likely only when someone you know needed to have it removed or was experiencing pain due to gallstones. To find out more, we talked to Dr. Matthew Dong, assistant professor of surgery at the Icahn School of Medicine at Mount Sinai.

What is the gallbladder's function? Where is it in your body?

The gallbladder is a



small sac-like organ that sits underneath and behind the liver. It has a small duct, called the cystic duct, that attaches to the main duct leading from your liver to the intestine, called the common bile duct. The gallbladder's job is to store and concentrate a substance called bile, which is produced by the liver. Bile works much like soap, breaking fat in your diet into tiny particles that are easier for the body to absorb. When you consume a meal that contains fat, intestine sends a hormonal signal to the gallbladder to release some of that stored-up bile to help digest the fat in your food.

What are the symptoms?

The most common symptom of gallstone disease is pain, particularly in the upper right part of the abdomen. Often, this pain is made worse by consuming foods that are high in fat. Other symptoms may include nausea or vomiting. Occasionally, a gallstone may escape the gallbladder but get lodged further downstream and block the common bile duct, causing jaundice (yellowing of the skin due to excess bilirubin in the bloodstream) or pancreatitis (inflammation of the pancreas).

What are gallstones? Gallstones are solids that precipitate out of the bile in the gallbladder. Most commonly,

these are made of cholesterol, although bilirubin can create stones as well. Gallstones usually start as sludge or sand but they can grow to several centimeters in some cases. Many people develop gallstones — 10 to 15 percent of Americans have gallstones — and the vast majority of them never develop problems as a result.

How can you maintain a healthy gallbladder?

Maintaining a healthy weight, eating a healthy diet, and preventing medical conditions like diabetes may help to reduce the chances of gallstone formation.

If you have your gallbladder removed, is there anything you

must do to compensate (medication, etc.)?

After the gallbladder is removed, the liver will increase its production of bile. Most people who have their gallbladder removed do not notice any changes in the way that they tolerate foods. Some people have difficulty digesting fatty foods, which can result in bloating or, in extreme cases, oily diarrhea. Most of these symptoms improve with time or only occur when patients consume a large amount of fatty food. Rarely, the liver may make an excessive amount of bile acids, which may result in diarrhea. This condition, called bile acid diarrhea, is generally effectively treated with medication.

Who's at risk for gallbladder problems?

Risk factors for developing gallbladder problems include obesity, female gender, pregnancy, diabetes and increasing age. Genetics play a role as well, with gallstone disease often running in families and more common in certain ethnicities, particularly Native Americans. Rapid weight loss may also increase the rate of stone formation. Stones may be more likely to form in people with diseases

that affect the biliary tree, such as Crohn's disease, cirrhosis or cystic fibrosis. Certain medical conditions also increase the risk of stones forming due to the breakdown products of red blood cells, such as sickle cell disease, hereditary spherocytosis and thalassemia.

Is there a screening process?

If you do not have symptoms related to your gallbladder, there is no need to perform any tests for screening purposes. Oftentimes, gallstones are found incidentally (by accident while diagnosing another condition), and asymptomatic gallstones rarely require surgical treatment. If you do have symptoms that your doctor thinks may be caused by the gallbladder, she or he will often perform diagnostic tests. These include imaging studies, such as ultrasound, CT scan, or MRI, and laboratory tests, such as liver function tests. Because the symptoms that are caused by gallbladder disease can be very similar to other medical conditions, such as peptic ulcer disease, gastroenteritis or gastroesophageal reflux (GERD), your doctor may also test for these as well.

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Music with a message

New Kids on the Block star Danny Wood and Jessie Chris talk anti-bullying anthem "Bodyguard."



MATT JUUL
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2019 is shaping up to be a big year for Danny Wood. Not only is the New Kids on the Block star preparing to embark on a massive tour to celebrate the 30th anniversary of the group's hit record "Hangin' Tough," but he also recently dropped a new single, "Bodyguard," a duet featuring the talents of rising country music artist Jessie Chris.

The new song means a lot to Wood, as he was inspired to write "Bodyguard" and reach out to Chris after seeing her anti-bullying speeches online. The singer is a vocal advocate on the issue, having been honored by the TLC Network last fall for her work, which includes visiting 100 schools across the nation to talk with kids about bullying. Chris is also the face of the AD Council's "Be More" campaign and an ambassador for Disney's "Choose Kindness" campaign.

"Seeing Jessie, she's inspired me to be more passionate about [anti-bullying]," Wood tells Metro, noting how Chris has given him a "better un-



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derstanding" of how kids are affected by bullying in today's social media-obsessed world. Now that he's a father, Wood was particularly interested in the issue of online bullying. "Having kids that are older and on social media, kids these days get it now from both angles."

For Chris, the Massachusetts native and "Billboard Artist to Watch" decided to get involved with the cause after getting bullied in school over her dream of wanting to be a country music singer.

"That wasn't common or popular and that's why I got bullied," Chris says. "That's why, for me, speaking about anti-bullying is so important, because it really messes with you forever."

"Even though I'm a lot stronger now, there'll always be something deep in there that sticks with me from everything I went through," she adds. "That's why it's so important for me to kind of be like a big sister to the kids at these schools that I visit."

Aside from their mutual Boston connection, Wood could relate with Chris over her school experiences, as he was bullied as well when he was a kid. The NKOTB star recalls getting picked on for being the only white student at an all-black school during Boston's infamous busing crisis.

"It kind of brought back some of those memories," Wood says of working on "Bodyguard" with Chris.

As a veteran of the music industry, Wood was happy to take on the mentor role and shine a light on an up-and-coming artist.

"I just wanted to make it as easy as possible for her," says Wood. "I know the struggle of being in the music business."

"Older people in the music business don't understand. They're like, 'When I grew up, it was so much harder,'" he adds. "No, it really wasn't man. Kids are getting it from two angles all the time now and you don't understand."

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SPORTS

The Islanders offense has struggled mightily, stressing a need for a shakeup during the stretch run.



JOE PANTORNO
joseph.pantorno@metro.us

The New York Islanders are in need of a shakeup.

Sunday's 4-1 loss to the Metropolitan's fifth-ranked Philadelphia Flyers was one of the Islanders' worst outings of the season as they fell out of first place in the division.

It was the third time in their last four games that the Islanders scored just a single goal. There's no coincidence that they lost all three of those games during a brutal stretch of

Ho-Sang, Dal Colle will help Isles



Josh Ho-Sang (left) and Michael Dal Colle (right) could boost a lifeless Islanders offense down the stretch. GETTY IMAGES

schedule that saw New York take on some of the league's top teams in the span of a week in the

Calgary Flames, Toronto Maple Leafs and the now-first-place Washington Capitals before their

stinker to the Flyers on Sunday, which capped off a three-game-in-four-day stretch.

New York's lone win during the last week came in an emotional 6-1 win over the Toronto

Maple Leafs in John Tavares' return to the Nassau Coliseum on Thursday.



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Is Finding The Best Treatment For Your Knee Arthritis Pain Worth 30 Seconds To You?

What if... there was a way to finally get straight answers about the most cutting-edge medical treatments for knee arthritis available today...

Answers from REAL MEDICAL DOCTORS who are experts in this field...

Doctors that have already treated THOUSANDS of knee arthritis sufferers...

Doctors who will tell you exactly what your best options are and what can realistically be expected... without making huge (and false) claims... just to sell a product or service... and then deliver junk that does little or nothing for your pain?

Well... now you can.

Here is how...

NYC Pain MD is a medical clinic with 2 locations in New York City that has medical doctors specially trained in some of the most advanced, cutting edge knee arthritis treatments available today.

And they have put together an information kit that details some of these advanced medical procedures that have already helped thousands.

Including... what you need to know about joint lubricating injections, platelet rich plasma (PRP), stem cell therapy... and more.

This free information kit contains a video and report that will also explain the two arthritis treatments paths you

should know about and what "Precision Arthritis Targeting Technology" is and why it has already helped so many arthritis sufferers.

How To Get Your Information Kit...

All you have to do is go to painmdny.com/knee and click the button that says "Click here to get a free knee arthritis treatment info kit."

Then put your name and email address in the space provided and you will be emailed a video and PDF report detailing what treatment options could be the best for your arthritis pain and how we might be able to help you.

We will also send you a way to get a free screening to see if you qualify for one of the advanced medical treatments. **It is 100% free with no further obligation.**

If you are interested in the screening... awesome. If not, that's ok, too... at least you will have all the information and options.

And if you don't have email... you can click the red "knee pain" button and you will instantly watch a video detailing some of your best options. If you are looking for proof... I think you will find it on this website.

After getting this information and watching the video... you will breathe a big

sigh of relief knowing what your best options are and what treatments might finally relieve some or even all of your knee arthritis pain.

And let's be crystal clear about this... NYC Pain MD is a real medical clinic with real medical doctors.

You will be getting real quality information about real medical treatments.

This is NOT some fake "wonder cure." In fact... you will NEVER see any guarantee of results. This is because... in the world or science and real medicine... Guaranteeing results is impossible.

Every patient is different... and so are the results. Any doctor (or marketer!) telling you different is lying to you. I have seen some of the "miracle cure" ads that are everywhere. I bet you have too.

That being said... We will be completely upfront and honest with you. Refreshing... isn't it?

So... if you are looking for up to date... honest information about some of the best possible medical treatments for knee arthritis pain...

Go here painmdny.com/knee and request the information kit or just watch the videos on that page.

Or if you would like to reserve a free screening before they are all gone call 877-228-5490 right now.

for postseason run

Over their last seven games, the Islanders have won just twice, their worst stretch since last calendar year when they went 2-4-2 over eight games from Nov. 26 to Dec. 12.

It has head coach Barry Trotz in search of answers.

"I don't know, you want to be able to bring it every night," Trotz said. "This was three in four nights, or three and a half, with a couple of emotionally-charged games. I thought we were fine going into it... we sort of sagged a little bit."

The lack of offensive success has put far too much pressure on New York's league-leading defense and goaltending tandem, and those cracks are beginning to show. Over this seven-game stretch, the Islanders have allowed three or more goals five times. During their previous 20 games, that happened just seven times.

If this is an indication that struggles lie ahead

for the defense, it is even more imperative that the Islanders have to shake up their lineup, which they might have to do out of necessity after seeing two-thirds of their fourth line in Matt Martin and Cal Clutterbuck go down with injury.

Flexing in the likes of Andrew Ladd — who recently returned from injury and would be a prime candidate for a healthy scratch if not for his Stanley Cup experience and monster contract — Ross Johnston and Tom Kuhnhackl isn't going to help. None of those three can add any sort of legitimate offensive or playmaking punch to an offensive-needy team that needs to figure things out quickly if they want to remain safe in the postseason race.

The Islanders' answers are down in the AHL in the form of 22-year-old Michael Dal Colle and 23-year-old Josh Ho-Sang, two young wingers who made New York a far

more threatening team during their brief stints in the NHL this year.

While he only had two points in 10 games, Ho-Sang's ability to move the puck and facilitate an attack saw the Islanders go 9-1 while he was in the lineup. They also averaged 3.6 goals per game during his stay, compared to their seasonal average of just 2.8 goals per game.

Dal Colle's presence in the Islanders' lineup provided similar levels of success as they went 13-5-2 in 20 games.

While both players spent most of their NHL time on the Islanders' third line, their playmaking abilities could do wonders on the team's young second line alongside Mathew Barzal and Anthony Beauvillier. It would allow New York to flex the other youngster along with Josh Bailey to the third line and push Andrew Ladd and Leo Komarov to the fourth line while Clutterbuck and Martin recover.

MEDICAL RESEARCH

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There is no medication given as part of this study.

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LEGAL NOTICES

NOTICE OF SALE

SUPREME COURT, COUNTY OF QUEENS, NATIONSTAR MORTGAGE LLC, Plaintiff, vs. JAHMAL MILLS A/K/A JAHMAL J. MILLS, ET AL., Defendant(s). Pursuant to a Judgment of Foreclosure and Sale duly filed on January 28, 2019, I, the undersigned Referee will sell at public auction at the Queens County Supreme Court, Courtroom 25, 88-11 Sutphin Boulevard, Jamaica, NY on March 22, 2019 at 10:00 a.m., premises known as 134-03 Cheney Street, Jamaica, NY. All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Queens, County of Queens, City and State of New York, Block 12986 and Lot 00063. Approximate amount of judgment is \$661,384.08 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index # 704707/2013. Martha Taylor, Esq. Referee Knuckles, Komosinski & Manfro, LLP, 565 Taxter Road, Suite 590, Elmsford, NY 10523, Attorneys for Plaintiff Cash will not be accepted.

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LEGAL NOTICES

NOTICE OF FORMATION of Real Kind LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 11/21/2018. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 243 Jersey Ave., #402, Jersey City, NJ 07302. Purpose: Any lawful act or activity.

NOTICE IS HEREBY GIVEN that a license, Serial # 1313116, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at the 236 Ave. U, Brooklyn, NY 11223. Kings County, for on premise consumption. 236 Ave U Cafe Corp.

NOTICE IS HEREBY GIVEN that a license, Number 1313910, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 401 E. 62nd Street, New York, NY 10065. New York County, for on premises consumption. Farah Foods Inc. d/b/a Anatolia Mediterranean Cuisine.

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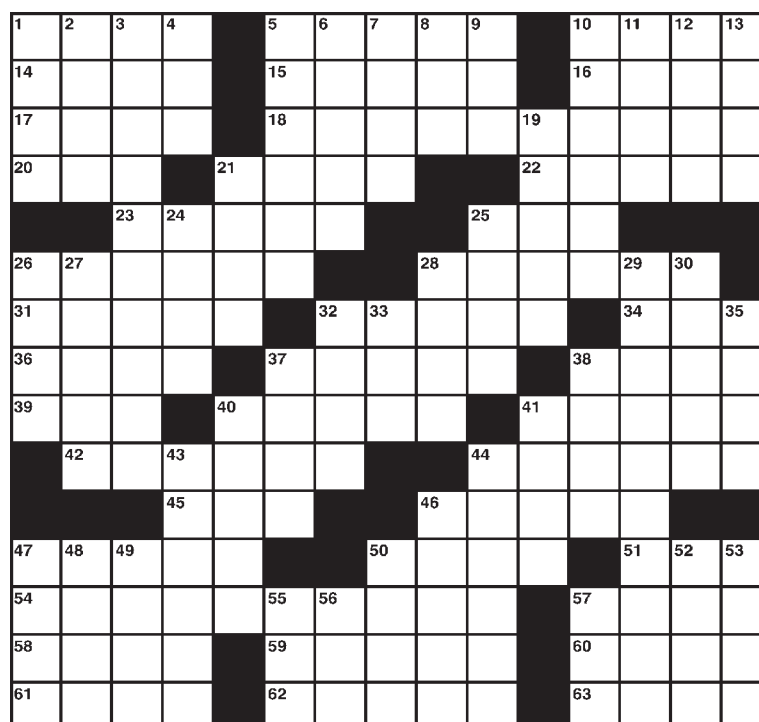
ACROSS

- 1 Guacamole & salsa
5 Granny Smith, for one
10 Flower stalk
14 Item on a bread tray
15 Dinah Washington's music
16 La __; sister of Michael Jackson
17 Blown __; astonished
18 College record-keepers
20 Tampa __ Buccaneers
21 Vats
22 Hell; underworld
23 Feel about blindly
25 __ alai
26 "Sesame __"
28 Human __; people
31 Wild felines
32 Entreaties
34 Leprechaun
36 Lie next to
37 Gather bit by bit
38 Polaris or Betelgeuse
39 Metal fastener
40 __ over; dwell on gloomily
41 Musical instrument
42 Thought the world of

- 44 Go by, as time
45 Seat for many
46 Peruvian pack animal
47 Neighbor of Nepal
50 __ up; absorb
51 ABC competitor
54 Indirect
57 WWII turning point
58 __-high; long socks
59 Untrue
60 __ Benedict; fancy breakfast
61 Auctioneer's cry
62 Cornered
63 Expense

DOWN

- 1 Dull in color
2 Midwest U.S. state
3 School recess area
4 As __ as a fox
5 Sudden
6 West Point newcomer
7 Small wrinkly dogs
8 Wahine's accessory
9 Curvy letter
10 Overexert
11 Brown amphibian
12 Charlotte Brontë's "Jane __"
13 Church service
19 Bangkok folks
21 Corn sites
24 Landlord's collection
25 Harlow or Stapleton
26 Swat
27 Part of the leg
28 Rosary piece
29 Energy
30 Venetian blinds
32 Trudge
33 Tolstoy or Durocher
35 Complimentary
37 Got bigger
38 Close noisily
40 Bakery purchase
41 __ jacket; bulletproof vest
43 Gave one's views
44 In seventh heaven
46 Rotten person
47 Annoys
48 Forbidden subject
49 Sword fight
50 Part of a shoe
52 Sacks
53 Abnormal sac
55 Toward a ship's stern
56 Tavern
57 Last calendar pg.

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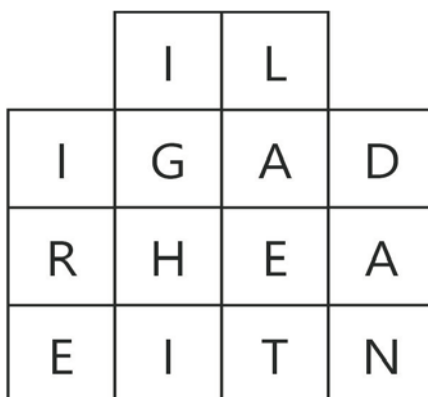


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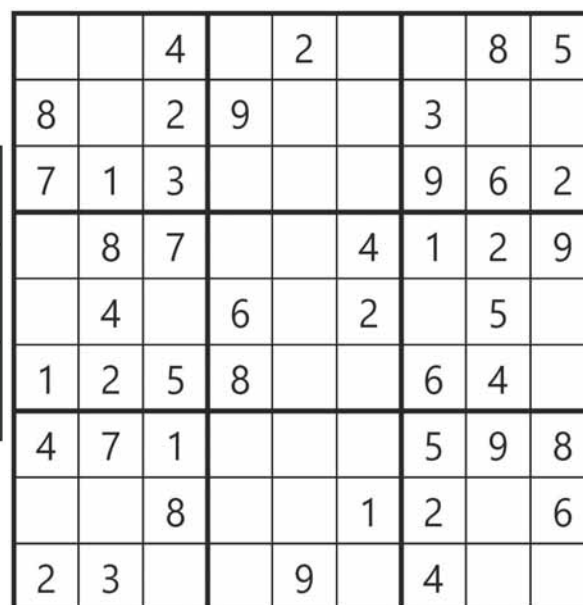
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Discover A New Treatment For Knee Pain That Offers Hope for Thousands in The New York Area And Is Even Covered By Medicare!

If You've Tried Supplements and Other Treatments With No Success, Read Below For YOUR Opportunity to Check Out This Amazing Treatment...



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The Other Key Difference With Our Treatment...

Here at the The Arthritis Knee Pain Center we use advanced medical technology that uses advanced imaging to make sure these very thick gel-like medicines get to the right spot to achieve the best possible results.



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